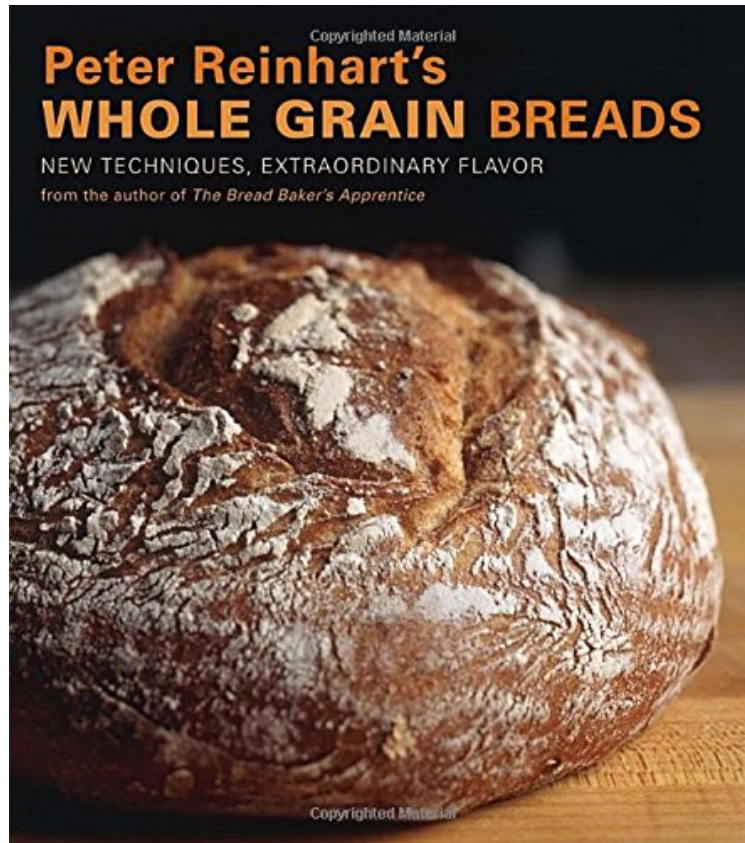


(Download pdf) Peter Reinhart's Whole Grain Breads: New Techniques, Extraordinary Flavor

Peter Reinhart's Whole Grain Breads: New Techniques, Extraordinary Flavor

Peter Reinhart

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Peter Reinhart : Peter Reinhart's Whole Grain Breads: New Techniques, Extraordinary Flavor before purchasing it in order to gauge whether or not it would be worth my time, and all praised Peter Reinhart's Whole Grain Breads: New Techniques, Extraordinary Flavor:

2 of 2 people found the following review helpful. Communion Bread Surprise! By CustomerHa!! You should have seen their faces. My congregation... when, right before communion, I presented to them a beautiful, round loaf of 100% whole wheat bread. I could see some of them cringe. They were thinking to themselves "oh no... dry, tough, bread for communion today..." BUT when they came up to receive the sacrament, I could see it in their eyes: "Wow!" Yes. Absolutely. Homemade, 100% whole wheat bread really CAN taste and feel that good in your mouth, when you follow Chef Reinhart's instructions in this book. Well-written, easy to follow... even for an absent-minded pastor like myself! I so enjoyed this book and it is worth every penny. Thank you, Chef Reinhart, for sharing your passion and for teaching it so well. Amen!

3 of 3 people found the following review helpful. Best Book on Bread I've Ever Seen By John Almborg I've been baking bread for probably 30 years... my Bernard Clayton "The Breads of France" and "Complete Book" are falling apart. But lately I've been moving away from classic French white bread to whole grain

and Clayton just wasn't cutting it. I was tired of his whole wheat bricks. So I started looking for a new guide. This is it! First, it helped me start my own wild starter. This was worth the price of the book on its own. I have been trying to start a wild starter for years and have never been successful. I used the pineapple method described in this book and it worked first time. To say I was thrilled when the starter rose for the first time is an understatement. Wow! Second, the first loaf I made with this starter (100% Whole Wheat Sandwich Bread) was the best whole wheat loaf I've ever made. Terrific rise (using the wild starter) and delicious bread. Did I mention that it was easier to make than the normal Clayton bread? It went together so fast and so easily that I really couldn't believe it. I know I'm just one of many, but I am happy to heap my praises in with the rest. This is a great book if you are serious about great bread. 3 of 3 people found the following review helpful. Nice book, but this should definitely not be the first book by this author that you purchase. By Jack

In my mind, this book is part two of *The Bread Baker's Apprentice: Mastering the Art of Extraordinary Bread*. The author's previous book dealt with white wheat flour and the current book deals with whole wheat and rye flour. The author is really passionate about bread and he is also an educator. The book is well written. However, this is serious breadmaking so you should only consider the book if you want to learn and/or spend time on baking. The author tries to make things very clear, but this is definitely not a book of shortcuts. I would really recommend potential readers to buy the author's previous book mentioned above.

In this follow-up to his award-winning book *The Bread Baker's Apprentice*, Peter Reinhart offers groundbreaking methods for baking whole grain breads that taste better than any you've ever had. We know whole grain breads are better for us, but will we actually eat them, much less take time to bake them? Yes, says beloved baking instructor Peter Reinhart, but only if they are very, very good. So Reinhart, with his decades of experience crafting amazing artisanal breads, has made it his mission to create whole grain breads that are nothing short of incredible. And because his approach is also simpler and less labor intensive than conventional techniques, you'll choose to make and eat these breads. His fifty-five recipes for whole grain sandwich, hearth, and specialty breads, plus bagels, crackers, and more, incorporate widely available whole wheat flour as well as other flours and grains such as rye, barley, steel-cut oats, cornmeal, and quinoa. Each is so rich with flavor and satisfying texture that white-flour counterparts pale in comparison. Written in Reinhart's famously clear style and accompanied by inspiring photographs, these recipes were perfected with the help of nearly 350 testers. Introductory chapters provide a tutorial, with step-by-step photographs, of the delayed fermentation method that is at the heart of these recipes, as well as a crash course in baking science, discussions of grains other than wheat, and more. Advanced bakers will relish Reinhart's innovative techniques and exacting scientific explanations, and beginning bakers will rejoice in the ease of baking wholesome breads with such extraordinary flavor.

From Publishers Weekly Bread is back, Reinhart (*The Bread Baker's Apprentice*) asserts, and it's better than ever after being villainized during the anticarbohydrate diet fads; his manifesto of renewal, this enthusiastic tome featuring the kinds of whole grain breads he sees as the way forward, will be eagerly received by serious bakers. In three useful preliminary chapters, Reinhart describes how he developed the delayed fermentation process that makes these breads delicious as well as wholesome, dissects wheat's route from stalk to loaf and patiently walks through the new technique's theory and process, in order to arm bakers with every bit of information before they start kneading. The level of technical detail and demand for scientific precision may overwhelm amateurs, but anyone with some experience working with bread dough and starters, as well as a desire to get to the next level, will be gratified by Reinhart's intense but friendly approach. In the more than 50 recipes, from a variety of breads including multigrain loaves, whole wheat cinnamon buns, brioche and crispy lavash, Reinhart builds on the first chapters with detailed commentary on ingredients and preparation, encouraging bakers to own the process but never leaving them in the lurch. Whether or not a home baker is looking for healthier recipes, Reinhart's peerless way of writing about bread is sure to inspire a new respect for whole grains. Color photos not seen by PW. (Oct.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "We've always known how good whole grain breads are for us, but we've also known how they're usually heavy, dense, and sort of boring. Now here comes Peter Reinhart, a passionate bread scientist who has figured out fifty-five different ways to make whole grain breads light and delicious. His work is nothing short of revolutionary." –Sara Moulton, Food Network host and author of *Sara's Secrets for Weeknight Meals* "No one is better qualified—either as a teacher or as a baker—than Peter Reinhart to tackle the complex subject of whole grain breads. His techniques and recipes are easy to follow and yield excellent results every time. Peter and his breads are the real thing." –Nick Malgieri, author of *How to Bake and A Baker's Tour* "Whole Grain Breads is a beautiful and important work, which is no big surprise coming, as it does, from Peter Reinhart. Everything here is a gift: the breads themselves (both described and pictured), the poetic voice, the story, the technique, and the generous spirit. Read this from cover to cover, and you will find yourself looking at all food differently, from a new height and a deeper appreciation." –Mollie Katzen, author of *The Moosewood Cookbook* "I've spent years following directions from more than a dozen bread baking books. I've babied bowls of dough in various stages of fermentation, and I've only ended up with bread that tastes like an inner tube. Peter has unraveled the

mystery of baking, and I now approach this intimidating subject with confidence.” –James Peterson, author of *Cooking* “Peter Reinhart is a gifted teacher who explains the science of bread dough in easy-to-understand language. Using Peter’s innovative techniques for enhancing both enzyme and yeast activity and following with his gentle, clear-cut guidance, even a beginner can master sourdough starters, pre-ferments, soakers, and mashes to make incredibly flavorful whole grain breads.” –Shirley Corriher, author of *Cookwise* From the Publisher *? Master bread baker and innovator Peter Reinhart's answer to the whole grain revolution, with time-saving techniques for making extraordinary whole grain breads, bagels, crackers, and more. *? Includes 55 master formulas (including baker's percentages, nutrition facts, and ingredient measures in volume, ounce, and gram measures), plus 40 styled food shots and 150 instructional photos. *? THE BREAD BAKER'S APPRENTICE was the 2002 James Beard Cookbook of the Year and 2002 IACP Cookbook of the Year. CRUST AND CRUMB was a 1999 James Beard Award Winner.